

You Can Tell The People Who Have Iron in Their Blood --Strong, Healthy, Vigorous Folks

Doctor Says Ordinary Nuxated Iron
Will Make Nervous Run-down People
Get 100 Per Cent. Stronger in
Two Week's Time in Many
Cases

New York, N. Y.—"One glance is enough to tell which people have iron in their blood," said Dr. E. Sauer, a Boston physician who has studied widely both in this country and in Great European medical institutions, in a recent discourse. They are the ones that do and dare. The others are in the weakling class. Sleepless nights spent worrying over supposed ailments, constant dosing with habit forming drugs and narcotics for nervous weakness, stomach, liver or kidney disease and useless attempts to brace up with strong coffee or other stimulants are what keep them suffering and vainly longing to be strong. Their real trouble is lack of iron in the blood. Without iron in the blood has no power to change food into living tissue and therefore, nothing you eat does you any good; you don't get the strength out of it. The moment iron is supplied a multitude of dangerous symptoms disappear. I have seen dozens of nervous, run-down people who were all the time, double and even triple their strength and endurance and entirely get rid of every sign of dyspepsia, liver and other trouble in from ten to fourteen days' time simply by taking iron in the proper form. And this, after they had in some cases been doctoring for months without any benefit.

If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. There is nothing like good old iron to put color in your cheeks and sound, healthy flesh on your bones. But you must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good otherwise it may prove worse than useless.

Note—Nuxated Iron recommended above by Dr. E. Sauer, is one of the newer organic iron compounds. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary, it is a most potent remedy, as well as for nervous, run-down conditions. The Manufacturers have such great confidence in Nuxated Iron that they offer to forfeit \$100.00 to any charitable institution if they cannot take any man or woman under 60, who lacks iron and increase their strength 100 per cent or over in four weeks' time provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by W. L. McKay and all other druggists.

Directions For Making Grape Juice at Home

To make good homemade grape juice select fully ripened but not overripe grapes. Put them in a clean, freshly washed sack and crush the grapes by twisting the sack at each end, catching the juice in a clean pan. This can best be done by two persons, at each end of the sack. Put the juice in a double boiler or in a stone jar placed in a pan of water, so that the juice does not come in direct contact with the fire, and heat it up gradually to a temperature of 200 degrees. It is best to use a good thermometer and be sure that the juice is not heated above 200 degrees, because when it is heated above that temperature it will almost invariably taste scorched. It should never be allowed to boil.

After the juice has been heated for a little while it should be poured immediately into a glass or enameled vessel and allowed to settle twenty-four hours. The juice should then be carefully drained from sediment and poured through several thicknesses of felt or woolen cloth and then poured into clean bottles.

Fit a thin board over the bottom of the wash boiler and fill it with water up to the necks of the bottles. Heat the water until it begins to simmer and put in the filled bottles, leaving them there for several minutes. Do not allow the water to boil. Then take the bottles out and seal immediately.

Easily Detected.
"Smith could never misrepresent his goods, for such a trick could be easily seen through."

"What kind of goods does he sell?"
"Window glass."—Baltimore American.

Somewhat Mixed.
"She seems to look upon my proposal as a sort of flapjack."
"How so?"
"Says she'll turn it over in her mind."
—Kansas City Journal.

The Great Cambridge Fair

Cambridge, N. Y.
Sept. 11, 12, 13, 14, '17

**LATEST ATTRACTIONS
BIG EXHIBIT**

Grand Cavalcade Prize Stock, Horses,
Thursday P. M.; Cattle, Friday P. M.

Peg Races Wednesday and Thursday Afternoons
Horse Races Wed., Thurs. and Fri. Afternoons

Where Everyone Goes You Will Go

HOTEL WEBSTER

Forty-11th Street by Fifth Avenue
40 WEST 45TH STREET
NEW YORK

(Just off Fifth Avenue on one of city's quietest streets)

One of New York's most beautiful hotels. Much favored by women traveling without escort. Within four minutes' walk of forty theatres. Center of shopping district.
Rooms—private bath - - - \$2.50 and up
Sitting room, bed room and bath \$5.00 and up
Send for booklet. W. Johnson Quinn, Prop.

THE EVENING BANNER BENNINGTON - VERMONT

Wednesday, August 29, 1917.

BENNINGTON BRIEFS

News of the Town and Village Told
Briefly for Busy Readers

Large and complete line of boys' and girls' school shoes at a saving. Visit the New York store's shoe department. Adv.

Wanted—Work team at new Black Cat Building. Rates \$6.00 for 9 hrs. on general hauling. \$1.33 1/3 per yd. on sand hauling from Sherman's pit. Pay day every Saturday. 3 days held back. Turner Construction Co. 724

The spell of ancient and modern Egypt has been woven around this fascinating tale, "The Undying Flame," with one of the greatest emotional stars in the world, Mme. Petrova Ltd. showing at the Hart Theatre today. Adv.

STAMFORD

Mrs. F. S. Foster is visiting in Albany.

Elsie Wardwell has been home for a visit.

C. L. Holden spent the week end with his son in Buckland.

Carl Smith from North Heath, Mass., visited old neighbors here Friday.

Mrs. C. L. Holden visited her mother in Cheshire one day last week.

Born in Stamford, August 15, a daughter to Mr. and Mrs. Arthur Babcock.

Mr. Ritchie of North Adams preached in the Baptist church Sunday morning.

Bert Cole has been taking a two weeks' vacation from his work in Pittsfield.

P. J. Duffey is now home from the North Adams hospital where he underwent an operation.

The Methodist Ladies' Aid will be held with Mrs. R. J. Sanford on Wednesday afternoon, August 29.

Mrs. W. M. Maunert entertained her brother H. Sellnow from Albany N. Y., Saturday and Sunday.

Mr. and Mrs. A. E. Dunn took an automobile trip to Lake St. Catherine Saturday, returning the first of the week.

Mrs. Larkins and children from Watertown, N. Y., are visiting her aunt, Mrs. George Canedy for a few weeks.

Mrs. Sarah Tudor and Miss Belle Tomlinson from Bennington are at Mrs. Tudor's home here for a two weeks' stay.

Isaac Stetson with his son, Henry Stetson and other friends motored from Heath, calling on old neighbors here Saturday.

Clifford and Dorothy Wescott from Lenox were church and Sunday school visitors here Sunday, this being their former home.

Lucetta Lee, Grace Foster, Alice Foster, Dewey Tanner, Monroe Lee and Albert Foster picnicked at Hoar's pond one day last week.

Mrs. Albert Goodrich and son, Howard, took a carriage ride recently to Halifax, Vt., calling on friends, and returning the same day.

A party of young people with Mrs. McKendrick Whitney as chaperon, made a trip to the Summit of Old Greylock last week Monday.

Mrs. Marshall Jepson and children who have been visiting her old home in Waconoda, Ill. for several weeks returned home the first of the week.

Those who went to Westlee to visit Rev. Vickery and family were Mabel Bishop, Irene Whitney, Carl Holden, Ira Dexter Whitney, George Ballard and Levi Kimpton chauffeur. They went Wednesday of last week returning Sunday afternoon.

About thirty of the friends of Miss Helaine Maunert and her brothers, gathered at her home on Friday evening to help celebrate her birthday. Music and games took up the evening all too soon. The house and grounds were prettily trimmed. Refreshments of cake and ice cream were served and all had an enjoyable time.

TESTIMONIALS FOR MEDICINES

Lydia E. Pinkham Medicine
Company Publishes Only
Genuine Ones.

The testimonials published by the Lydia E. Pinkham Medicine Company come unsolicited. Before they are used the Company takes great care to inform itself about the writer. Never knowing, has it published an untruthful letter, never is a letter published without written consent signed by the writer. The reason that thousands of women from all parts of the country write such grateful letters is that Lydia E. Pinkham's Vegetable Compound has brought health and happiness into their lives, once burdened with pain and illness.

It has relieved women from some of the worst forms of female ills, from displacements, inflammation, ulceration, irregularities, nervousness, weakness, stomach troubles and from the blues.

It is impossible for any woman who is well and who has never suffered to realize how these poor, suffering women feel when restored to health; and their kind desire to help other women who are suffering as they did.

In the Arena of Sports

Cleveland's Heady Leader

Lee Fohl, chief of the Cleveland Americans, has made a success of a club that for several years was a financial failure. Last year his team made a brilliant fight and for two months led the league, only to fall back and finish in sixth place. This year the club is playing fine ball and looks as though it would finish in the first division. When Fohl was appointed manager of the Indians in 1916 the net created considerable surprise and com-



Photo by American Press Association.

LEE FOHL.

ment. Fohl was what was known as a "bush league manager." As a matter of remarkable fact, he had never played in the big leagues. Fohl's baseball career, even as a bush leaguer, was nothing remarkable. He devoted more time to the managing end of the game than the playing side. Lee is now thirty-seven years old. He began with Des Moines in 1903 as a catcher. He never played any other position. After Des Moines he played with Homestead, Pa.; Youngstown, O.; Columbus, O., and was then given his first managership at Lima, O., in 1908. In 1914 he obtained a job as leader of the Waterbury (Conn.) team. It was from the Waterbury club that he went to assume charge of the Cleveland franchise.

Routier Joins the Reds.
Walter Routier, the hard hitting left handed pitcher with the Chicago Nationals, has joined the Cincinnati club, to which he was released for the winter price. Routier, who came from the Pacific Coast league, has not been pitching in good form since early in the season.

Recipes For Making Pickles and Relishes

Tomato Ketchup.—One peck of ripe tomatoes, boiled until tender and put through a sieve; add one pint vinegar, one cupful sugar, two tablespoonfuls salt and one-half pint oil of mixed spices put in a bag. Boil for about an hour and seal, and, if one likes, she can add one-half dozen onions to tomatoes and a dash of red pepper.

Cold Tomato Sauce.—One peck ripe tomatoes, chop and drain, not using the juice; three red peppers, chopped; one cupful horseradish, grated; six medium sized onions, one cupful celery, chopped; one-half cupful salt, one-half cupful white mustard seed, one tablespoonful celery seed, two pounds of brown sugar, one ounce of cinnamon, one quart cider vinegar. Let stand overnight and seal without cooking.

Sweet Cucumber Pickles.—Wash cucumbers and pack closely in jar, make brine of one cupful of salt to a gallon of water (have boiling hot); pour over cucumbers and let stand twenty-four hours. Wipe dry and cover with weak vinegar (boiling hot) and let stand another twenty-four hours; drain. Sprinkle last vinegar with mixed spices, nasturtium seed, brown sugar to suit taste and two green peppers. Boil mixture five minutes, add pickles and just heat through, put into jars and seal.

Celery Relish.—Thirty ripe tomatoes, three green peppers, four bunches (small) celery, cut in small pieces, four onions, three cupfuls cider vinegar, one and one-half cupful brown sugar, four tablespoonfuls salt. Chop fine and boil slowly three hours.

SUGAR NOT NECESSARY IN HOME CANNING

Fruits will keep perfectly well in water when properly packed in jars.
Buying large quantities of sugar for canning summer fruits is not necessary if expense is prohibitive. Sugar may be added in small quantities at time of serving.
The flavor will not be exactly the same as when the fruit is preserved in sirup, but the healthfulness and food value are equal.

Food Poisoning.

There are but few persons who have not suffered from more or less severe attacks of acute gastro-intestinal disturbance which could be reasonably ascribed to something eaten shortly before. By far the most of such attacks are mild and quickly overcome, and it is only when the attack is serious and affecting many persons at the same time that it attracts particular notice, and becomes perhaps the subject of public record. In his valuable little book on food poisoning, Jordan points out that as cases of food poisoning are not required to be reported, we possess only imperfect information as to its occurrence, casual press reports being the only available source of information as to its prevalence. Through press-clipping bureaus and other sources, from October, 1913, to October, 1915, Jordan learned of 657 group and family outbreaks and 275 individual cases in this country. The group and family outbreaks involved over 5,000 persons. He believes that at present probably the majority of instances escape notice and that the number of persons affected by food poisoning in the United States in the course of a year is much larger than indicated by the figures he obtained. Until we have a larger amount of dependable data, any general conclusions of value as to the exact causation, frequency, and immediate and remote results cannot be drawn. As ordinarily understood, food poisoning is due to the composition, contents or contamination of food. It includes intoxication by organic poisons in normal animal or plant tissues; the results of eating food into which poisons, mineral or organic, have been introduced by accident or in order to improve the appearance or keeping qualities; infections from the invasion of bacteria and other parasites present in foods, the most important food-borne bacterial infections being typhoid fever, cholera, tuberculosis, paratyphoid infections and milk-borne diseases, such as diphtheria, scarlet fever and streptococcus sore throat; and poisoning due to the development of toxic substances in food by the growth of bacteria and other micro-organisms.

At this time, when domestic canning of vegetables is being taken up on a large scale, it may not be without interest to mention some of the chief facts known about botulism, the best established form of poisoning by means of toxic bacterial products in food. This poisoning was described in 1820 by Kerner, German poet and medical writer, who cited 174 cases with seventy-one deaths, in most instances connected with the use of smoked sausage (hence the name botulism, from botulus, sausage). Paratyphoid infections may be conveyed by sausages also, and such infections must be distinguished from botulism, which has a characteristic set of symptoms and a distinct cause. Quite a number of instances of botulism have been recorded in this country, and traced to ham, beans and other foods, so that the name "sausage poisoning" is hardly appropriate any longer. In botulism the nervous system is strikingly involved. Dizziness, double vision, difficulty in chewing and swallowing, and other nervous symptoms occur; there is no fever, and in contrast with the traditional type of food poisoning there may be only slight or no gastro-intestinal symptoms. Stiles thus describes his own attack, most likely due to minced chicken.

Vertigo and nystagmus developed [a few hours after eating] in a startling degree, the car [in which I was being taken to my house] seemed to be ascending an endless spiral, the stars made circles in the sky, and the houses by the way side reeled. The lighted doorway of my house seemed to approach and surround me as I was carried in. My bed for the moment presented itself as a vertical surface which I could not conceive of as a resting place. Whenever I opened my eyes on this day [the next day] the impression of skyration of the room was appalling. To turn my head even very slowly from one side to the other brought an accession of the overpowering giddiness. [Eight days after the beginning of the attack] the nystagmus now became limited to momentary onsets, but in its place I became aware of a peculiar diplopia. The image of one retina was not merely displaced from the position of its fellow, but was tilted about 15 degrees from parallel. This fantastic diplopia gradually gave place to the familiar variety, and this occurred less and less often as my convalescence proceeded. From [this date] my recovery pursued a course which was disappointingly slow, but free from any setbacks. Among the persistent symptoms were the visual difficulties mentioned. The left pupil was usually smaller than the right, and I thought I detected a slight failure to relax accommodation with the left eye. Reading was difficult for several weeks, and the ability to write, as requiring closer fixation, was still longer in returning.

The interval between eating the guilty food and the onset of symptoms usually is from twelve to forty-eight hours, but may be less. There are no distinct changes in the organs, the nervous symptoms being perhaps explainable as due to disturbances of the cerebral circulation with hemorrhages and thromboses in medulla and pons. The botulism poison is a toxin produced by the spore-bearing bacillus discovered by Van Ermengem and named by him Bacillus botulinus, a strict anaerobe, which does not grow in the human body, being limited in its pathogenic role to the toxin it develops in foods outside the body. Hence botulism is a strict intoxication, not an infection. We do not know anything about the distribution of this bacillus in nature. Its poison is a true bacterial toxin, which reproduces the clinical picture of botulism in animals, and when injected in small nonfatal doses it evokes the elaboration of a specific antitoxin. The bacillus apparently is widely distributed, but is seems as if the conditions for its entrance and multiplication in human food are not often present. Jordan states that practically all cases of botulism have been caused by food which has been given some sort of preliminary treatment, as smoking, pickling or canning, then allowed to stand for a time, and eaten without cooking. The growth of the bacillus in a food does not necessarily alter it in such a way as to arouse suspicion; meat that has caused botulism seems to have always come from sound animals, and beans causing botulism have also been noted as natural in appearance, taste and smell. It seems that meats and vegetables prepared in the home are more likely to give rise to botulism than those prepared in large canning factories in which steam under pressure is used. It would be a wise precaution always to heat thoroughly the food in canning and to reheat all prepared foods before eating, because B. botulinus, its spores and its toxin are destroyed by relatively slight heating. Foods like salads should not be allowed to stand over night before being served. When visual disturbances and other symptoms of botulism appear, the stomach should be emptied and cathartics given, because the poisoned food may remain for a long time in the digestive tract.

We probably have much to learn still in regard to the causes, varieties and symptoms of food poisoning. It would not be surprising if careful clinical study of cases would result in the differentiation of new forms not yet recognized as distinct. The progress of knowledge of food poisoning would be furthered greatly if it were made reportable to our health authorities; this would lead to closer investigation, which eventually would result in better means of treatment and prevention.—Journal of American Medical Society.

"A Word to the Wise"

I have just returned from the quarries and works at Barre and Montpelier, and the same account of conditions is stated at all the plants:—

"Owing to the shortage of help and consequent congestion of orders at the quarries and works, expenses are increasing for quarrying and finishing, due to so many men having joined the army and gone to work in munitions factories.

"URGE YOUR CUSTOMERS TO ORDER BARRE MEMORIALS NOW as there will be ANOTHER ADVANCE IN PRICES before the end of this year. PRICES NOW ARE LOWER than they will be FOR YEARS TO COME."

You can get the benefit of the OLD RATES, before the first raise took effect, BY SELECTING YOUR MEMORIAL NOW, from the finished stock at my Wareroom, 7 Church St., No. Bennington. Phone 396-J.

James S. Clark

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ADD FOOD POISONING NO. 2
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